

# Active Patient ACCESS Report

country fact sheet: Germany

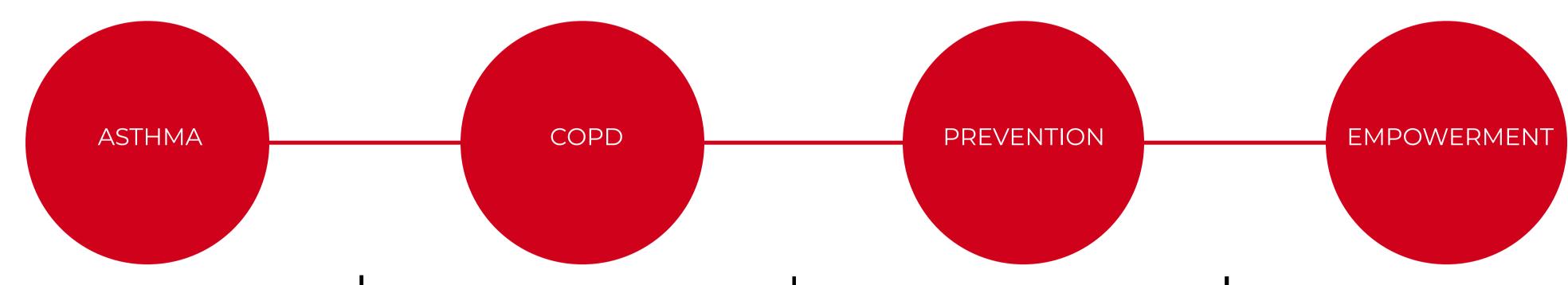
What is the ACCESS report?

EFA conducted a survey of 700+ participants in seven countries of patients with asthma, patients with COPD and perceptions in prevention and patient empowerment. This country fact sheet represents further examination of highlights or noted deviations from overall averages.

# Summary

German asthma patients believe their quality of life is generally better when compared to other European countries, but some are still frequently visiting the emergency room. German patients also believe public authorities are doing more to protect them. Frequent check-ups and action plans are also promoted. However, German patients have lower access to support groups and patient organisations.





80%

are satisifed or very satisfied with the asthma diagnosis process

**3.8** 

years between symptoms and COPD diagnosis (vs. 3.4 overall)

**54%** 

more concern about allergies than viral respiratory infections (vs. 46% overall)

**35%** 

take part in a Disease Management Programme (DMP) (vs. 18% overall)

8%

of asthma patients have been to the emergency room 3x or more in the last year

40%

of COPD patients visit HCPs between 6 and 11 times a year

20%

outdoor tobacco smoke is of less concern (vs. 41% overall)

9%

took part in medical research / clinical trials (vs. 19% overall)



EFA #ShowLeadership read full report: https://efanet.online/ACCESS





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# **ASTHMA**

**Diagnosis testing** 

Provocative testing (physical activity) (55%) used much more than spirometry with relief spray (20%)

## Care

SABA most used treatment (84%), more than inhaled corticosteroids (75%)

## Perception

German patients believe their work life (40% vs 50% overall), relationships (22% vs. 32% overall) and living standard (28% vs. 46% overall) is less impacted compared to other countries

### **Treatments currently used** by patients for their asthma

LABA & Cortisone combined Inhaled corticosteroids/Cortisone 75% LABA reliever 42% Oral corticosteroids/Cortisone 20% SABA/emergency relief 84%

Treatments currently used

by patients for their COPD

56%

75%

69%

38%

38%

Smoking cessation

LABA reliever

SABA/emergency relief

Inhaled steroids/Cortisone

Combination inhalers w/steroids

**Diagnosis testing** 

Laboratory tests (eg AAT deficiency) more used than X-ray (69% vs. 51% overall)

# Care

Services used:

- Specific training/exercises used less than average (13% vs. 28% overall)
- Pulmonary rehabilitation used more than average (36% vs. 25% overall)

Fewer German patients (44% vs 56% overall) believe that COPD doesn't get enough attention when compared to other chronic diseases

## Perception

**PREVENTION** 

- The perception of protection by public authority against indoor risk factors is generally higher than in other countries, in particular: tobacco smoke (82% vs. 71%) overall), building material (62% vs. 45% overall), moulds (50% vs. 32% overall)
- Frequent check-ups (65% vs. 46% overall), pneumococcus vaccination (57% vs. 46% overall), education (50% vs. 38% overall) and asthma and COPD action plan (42% vs. 29% overall) are promoted more by the public authorities compared to other countries

# **EMPOWERMENT**

- GPs (85%) are the main source of information friends and relatives (55% vs. 40%) overall) and pharmacists (48% vs. 35% overall) are consulted more than in other countries
- Patients have lower access to support groups and patient organisations (20% vs. 32%) overall) and specialised centres (15% vs. 29% overall)

